



Self: Activities that work on the individual



Relationships: Activities that work with



peers/families/friends
Society: Activities contributing to the community outside of the CFO Activity Hub

BLACKBURN CFO ACTIVITY HUB

October - Week 1



Information

Address:

First Floor Offices, Crabtree Street,
Furthergate Industrial Estate, Blackburn,
BB1 3BD

Contact Information:

077750 96192 (Gabriella)
07384 119231 (Nadya)
07789 951065 (Hayley)
07734 784590 (Fatimah)

Open 9:30am – 5pm Monday – Friday

The hub also offers regular CBT sessions, training opportunities, funding for courses and PPE, toiletries, food and clothes.

Enrolments are needed to engage in any activities

Monday 5th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Monday Mind Reset

10-11

with Gabbi



A calming Monday Mind Reset session to help you pause, breathe, and start the week feeling grounded, focused and refreshed.



Digital College: Pathway to Health & Safety

10:30 - 12

with Nadya



'Sign up for Digital College and search for suitable training courses to boost skills and employability.'



Tuesday 6th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Women's Only

Relationship Advice & Support

10 - 12

with Nadya

'Engage in a session focused on receiving relationship advice and support to build healthier and more positive connections with others.'



Wednesday 7th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Pause & Reset: Mindfulness Session

10 - 11

with Hayley



A calming & supportive session where you can explore simple mindfulness techniques to help you relax, manage everyday stress, focus on the present, and take some time for yourself



Disclosure Support

11-12

with Fatima



'Support in learning about the difference between unspent and spent convictions and how to disclose your criminal conviction to an employer or friend/family.'



Thursday 8th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Unpaid Work Support

10 - 11

with Fatima



'Access support in understanding community service requirements and help in completing unpaid work hours.'

Prepare for Employment with Lived Experience – Importance of Soft Skills

11 - 12

with Nadya



'Engage in a non-accredited course to learn about your employability skills.'



Friday 9th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Cook Well, Feel Well:
Coconut Pancakes

10 - 12

With Hub Staff

A fun and practical cooking session, including a non-accredited Healthy Eating course, where you can learn to prepare simple, healthy and affordable meals while building kitchen confidence and supporting your overall wellbeing



Employment Hub:

Job Search

1 - 3

with Fatima

A supportive job search session to help you explore opportunities, build confidence, and take practical steps toward finding the right role.



Non-Accredited Course:
Equality & Diversity

1-3

with Gabbi

A 4 week non-accredited course exploring equality, diversity and inclusion, incorporating Black History Month to celebrate Black history, culture, achievements and the importance of creating inclusive communities



Arts & Sculpture

1 - 3

with TIPP



'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TIPP).'



Book Club

3 - 4

with Gabbi



Film Club:

Beetlejuice

1-3

With Gabbi

A fun & spooky film club session where you can enjoy Beetlejuice, connect with others, and chat about its weird and wonderful characters, dark humour and supernatural story.



Clay & Create

1 - 3

with Gabbi



A fun, relaxed creative sessions where you can choose to get hands-on with clay sculpting OR unleash your imagination with LEGO, while socialising and connecting with others.



'Hub' Quiz and Social

3 - 4

with the Hub Staff



Hub Induction:

Meet the Team & Enrol

1 - 4



Women's Only

Drop-in Support Session

10 - 12



CBT with Better Health

10 - 3

appointment only



Hub Induction:

Meet the Team & Enrol

1 - 4



Hub Forum

3 - 4





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BLACKBURN CFO ACTIVITY HUB

October - Week 2



Information

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BB1 3BD

Contact Information:

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07384 119231 (Nadya)
07789 951065 (Hayley)
07734 784590 (Fatimah)

Open 9:30am – 5pm Monday – Friday

The hub also offers regular CBT sessions, training opportunities, funding for courses and PPE, toiletries, food and clothes.

Enrolments are needed to engage in any activities

Monday 12th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Veterans Morning Muster
10:30-11:30
With Hayley

A welcoming morning breakfast for Veterans to connect, share stories, and enjoy friendly support over a hot meal

Digital College: Pathway to CSCS/Construction
10:30 - 12
with Gabbi

'Sign up for Digital College and search for suitable training courses to boost skills and employability.'





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BLACKBURN CFO ACTIVITY HUB

October - Week 3



Information

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BB1 3BD

Contact Information:

077750 96192 (Gabriella)
07384 119231 (Nadya)
07789 951065 (Hayley)
07734 784590 (Fatimah)

Open 9:30am – 5pm Monday – Friday

The hub also offers regular CBT sessions, training opportunities, funding for courses and PPE, toiletries, food and clothes.

Enrolments are needed to engage in any activities

Monday 19th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Monday Mind Reset
10-11



with Gabbi

A calming Monday Mind Reset session to help you pause, breathe, and start the week feeling grounded, focused and refreshed.



Black History Month:

Music & Film

A fun & engaging session celebrating Black History Month through influential music and film, exploring Black culture and the people who have helped shape the arts



Job Club: Job Applications
& Job Search

1 - 3

with Nadya

Gain practical support to find suitable job opportunities, complete applications effectively, and increase your chances of employment.



Hub Induction:

Meet the Team & Enrol

10 - 4



Tuesday 20th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Women's Only

Employment Wellbeing
Action Plan

10 - 12
with Gabbi

'Engage in support in completing a wellbeing action plan to support your mental health within the workplace and ensure reasonable adjustments are being made.'



Non-Accredited Course:
Equality & Diversity

1-3

with Gabbi

A 4 week non-accredited course exploring equality, diversity and inclusion, incorporating Black History Month to celebrate Black history, culture, achievements and the importance of creating inclusive communities



Women's Only

Drop-in Support Session

10 - 12



Wednesday 21st

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



In-Work Support

10:30 - 12
with Hayley

'Gain support in managing your current employment with checks in on your wellbeing, action plans regarding any support needed for work and learn how to request reasonable adjustments for work with a referral to Access to Work.'



Arts & Sculpture

1 - 3

with TIPP

'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TIPP).'



Book Club

3 - 4

with Gabbi



CBT with Better Health

10 - 3

appointment only



Thursday 22nd

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Unpaid Work Support

10:30 - 12:30
with Nadya

'Access support in understanding community service requirements and help in completing unpaid work hours.'



Exploring Employability Skills

10:30 - 12
with Fatima

'Explore key skills needed for meaningful employment, such as communication, teamwork, and time management.'



Film Club:
Ghostbusters II

1-3

With Gabbi

A fun & nostalgic film session where you can enjoy the original Ghostbusters, connect with others, and chat about its iconic character, supernatural adventures and classic comedy.



Hub Forum

3 - 4



Friday 23rd

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Cook Well, Feel Well:

Shakshuka

10 - 12

With Hub Staff

A fun and practical cooking session, including a non-accredited Healthy Eating course, where you can learn to prepare simple, healthy and affordable meals while building kitchen confidence and supporting your overall wellbeing



Clay & Create

10 - 12

with Gabbi

A fun, relaxed creative sessions where you can choose to get hands-on with clay sculpting OR unleash your imagination with LEGO, while socialising and connecting with others.



Hub' Quiz and Social

3-4pm

with the Hub Staff



Hub Induction:

Meet the Team & Enrol

10 - 4





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BLACKBURN CFO ACTIVITY HUB

October - Week 4



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Monday 26th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Spook Up the Hub
10-12

Help transform the Hub with spooky Halloween decorations and get everyone into the Halloween spirit.



Veterans Morning Muster
10:30-11:30
With Hayley



A welcoming morning breakfast for Veterans to connect, share stories, and enjoy friendly support over a hot meal



Employment Hub:
Interview Preparation & Mock Interviews
1 - 3

with Nadya

Build confidence and improve your interview skills through practice, guidance, and tips on answering common interview questions effectively.



Hub Induction:
Meet the Team & Enrol
10 - 4



Tuesday 27th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Women's Only

Art Therapy
10 - 12
with Hayley

A welcoming women-only creative session using art and self-expression to support wellbeing, encourage relaxation, build confidence and provide a safe space to connect with others



Non-Accredited Course:
Equality & Diversity
1-3
with Gabbi

A 4 week non-accredited course exploring equality, diversity and inclusion, incorporating Black History Month to celebrate Black history, culture, achievements and the importance of creating inclusive communities



Women's Only
Drop-in Support Session
10 - 12



Wednesday 28th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Exploring Employability Skills
10:30 - 12

with Fatima

'Explore key skills needed for meaningful employment, such as communication, teamwork, and time management.'



Arts & Sculpture
1 - 3
with TIPP

'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TIPP).'



Book Club
3 - 4
with Gabbi



CBT with Better Health
10 - 3
appointment only



Thursday 29th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Accommodation Advice & Support
10:30 - 12

with Nadya

'Receive support and guidance to transition from temporary accommodation into your own home.'



Film Club:
The Nightmare Before Christmas
1-3
With Shelby

A fun film club session where you can enjoy The Nightmare Before Christmas, relax with others, and share your thoughts on the character, music and story in a friendly social setting



Hub Induction:
Meet the Team & Enrol
10 - 4



Friday 30th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Pumpkin Painting
10 - 3
with Hub Staff

A fun and creative Halloween drop-in session running throughout the day, where you can paint and decorate your own pumpkin, try out different designs and enjoy getting into the spooky spirit in a relaxed and welcoming environment



Halloween Cooking:
Pumpkin Pie
1-3
with Hub Staff

A festive Halloween cooking session where you can learn how to make a delicious pumpkin pie while building confidence in the kitchen and enjoying some spooky seasonal fun



Hub Induction:
Meet the Team & Enrol
10 - 4

